

## **Abstract**

### **Name:**

Set of exercises for the development of balance abilities of younger school age girls in gymnastics.

### **Characteristics:**

The theoretical part deals with important concepts related to gymnastics, especially the women's artistic gymnastics and balance beam as a pivotal tool for this work. Motor skills, coordination skills and balance abilities are also defined there. The end of the theoretical part deals with characteristics of a younger school age and the sensitive period.

The main goal of the practical part is to design and formulate set of exercises. They have a goal to stimulate the level of balance abilities. Presented exercises are primarily proposed in gymnastics for girls of younger school age.

The set of exercises has been profiled from a long-term analysis of gymnastics trainings. The observation method has been used in conjunction with the exercises described in the literature dealing with the same topic. The work is not a primary research and it also does not have an experimental character. The structure is not associated with any hypotheses nor is asking scientific questions.

The conclusion of the bachelor work contains a summary of the whole issue and evaluates possibilities of using this work in a coaching practice. Possible future research directions are also indicated there.

### **Keywords:**

Gymnastics, women's artistic gymnastics, balance beam, motor skills, coordination skills, balance skills, exercises.